
The ability of Planned behavior theory to predict training frequency from young swimmers' intention to participate in the team's training was tested in this study. The sample consisted of 98 subjects, 10-13 years of age. The theory was considered suitable for predicting this behavioral intention ($R = .72$). Intention, past behavior, and perceived behavioral control were correlated with swimmers actual participation for 4 weeks in the team's training, but perceived behavioral control, had little effect on behavior. Findings suggest that the intention and the act of regularly participating in sports is strengthened when young athletes perceive their personal evaluation as favorable, when they think that important other would approve, and when they believe that the opportunities and resources will be available. These results are discussed in terms of the usefulness of the theory in the exercise domain.